

DIET DETOX MENU

MONDAY

Breakfast:

Carrot juice (120 ml)
Apple (1 whole)
Egg white & spinach Omelettes (1 egg)
(266 Kcal)



Lunch:

Tuna, watercress and roquette salad
(50 Kcal)

Dessert:

Papaya soup (1 small) with lemon sorbet
(90 Kcal)



Snacks:

Cucumber (6 slices) with mustard dressing
(32 Kcal)



Dinner:

Lemon roasted baby chicken with steamed vegetables
(207 Kcal)

Dessert:

Pineapple carpaccio with basil (2 slices), coconut sorbet
(80 Kcal)

Total

(725 Kcal)



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Full-board Diet weight menu MUR 3,860 per person (lunch & dinner)
Half-board Diet weight menu MUR 2,500 per person (lunch or dinner)

All prices are in Mauritian Rupee and include 15% VAT.

DIET DETOX MENU

TUESDAY

Breakfast:

Cucumber juice (120 ml)
Apple (1 whole)
Hard-boiled egg (1 egg)
Sautéed mushroom (1 cup)
(200 Kcal)

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Lunch:

Avocado, chicken and corn salad
(300 Kcal)

Dessert:

Strawberry sugar free mousse (1 cup)
(180 Kcal)

...

Snacks:

Cherry tomato (2 tomatoes) with balsamic dressing
(96 Kcal)

...

Dinner:

Lamb spaghetti with squash
(78 Kcal)

Dessert:

Fresh fruit tartar (2 fruits) with exotic broth
(120 Kcal)

Total

(974 Kcal)



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DIET DETOX MENU

WEDNESDAY

Breakfast:

Green juice (120 ml)
Banana (1 whole)
Scrambled egg (2 eggs)
Bacon (5 pieces) & cherry tomato (2 tomatoes)
(364 Kcal)



Lunch:

Fish stick with hummus and cucumber
(95 Kcal)

Dessert:

Water melon soup with fresh mint (1 cup)
(180 Kcal)



Snacks:

Celery stick with cream cheese
(28 Kcal)



Dinner:

Broccoli & cauliflower fried brown rice (1 cup)
(200 Kcal)

Dessert:

Mango trilogy (1 mango)
(90 Kcal)

Total

(957 Kcal)



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THURSDAY

Breakfast:

Apple & cucumber juice (120 ml)
Kiwi (1 whole)
Poached egg (2 eggs)
Smoked salmon
(294 Kcal)



Lunch:

Poached chicken and mix vegetables salad with chia dressing
(120 Kcal)

Dessert:

Coconut sago (1 cup) with pineapple sorbet
(50 Kcal)



Snacks:

Bell pepper stick (1 medium) with sweet & sour dressing
(83 Kcal)



Dinner:

Steamed fish with garlic vegetables
(80 Kcal)

Dessert:

Fresh fruit carpaccio (2 slices) with mango sorbet
(80 Kcal)

Total

(707 Kcal)



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FRIDAY

Breakfast:

Beetroot juice (120 ml)
Passion fruit (3 whole)
Egg white (3 eggs) & low fat cheese Omelettes
(519 Kcal)

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Lunch:

Steamed Dorado with baby spinach salad
(100 Kcal)

Dessert:

Strawberry trilogy (1 cup)
(120 Kcal)

...

Snacks:

Carrot slices (1 cup) with hot & sour dressing
(48 Kcal)

...

Dinner:

Thym roasted chicken with sautéed cabbage
(112 Kcal)

Dessert:

Fresh fruit gazpacho (1 cup) with passion fruit sorbet
(100 Kcal)

Total

(999 Kcal)



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DIET DETOX MENU

SATURDAY

Breakfast:

Tomato & carrot juice (120 ml)
Tangerine (2 pieces)
Vegetable omellette (2 eggs)
(156 Kcal)



Lunch:

Prawn & quinoa salad with tomato
(72 Kcal)

Dessert:

Vanilla yogurt (1 cup) with pineapple compote
(100 Kcal)



Snacks:

Cheddar cheese (4 slices) with rye bread (2 pieces)
(174 Kcal)



Dinner:

Beef steak with sweet potato and chia sauce
(100 Kcal)

Dessert:

Coconut sugar free mousse (1 cup) passion fruit coulis
(100 Kcal)

Total

(702 Kcal)



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DIET DETOX MENU

SUNDAY

Breakfast:

Apple, spinach & broccoli juice (120 ml)
Plums (2 whole)
Open sandwich eggs & avocado (2 pieces)
(364 Kcal)



Lunch:

Grilled chicken with greek salad
(112 Kcal)

Dessert:

Exotic fruit soup (1 cup) with pineapple sorbet
(120 Kcal)



Snacks:

Pear (1 whole) and soak almond (8 pieces)
(76 Kcal)



Dinner:

Steamed fish with roquette and sprout salad
(100 Kcal)

Dessert:

Roasted pineapple with muscavado sugar (2 pieces) with coconut sorbet
(110 Kcal)

Total Kcal

(822 Kcal)



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